

# Spring 2026 Activity Booklet



*A Guide for the Community, Families and  
Caregivers*

Brought to you by  
***Mosaic Home Care & Community Resource Centre***

If you would like to download the most recent Activity Booklet please visit:

<https://www.mosaichomecare.com/news-events/activity-booklet/>

Or call our Mosaic offices to send you our most recent copy in the mail

905-597-7000 or 416-322-7002

Website: [www.mosaichomecare.com](http://www.mosaichomecare.com)

## Note to Our Community

In this Mosaic Activity Booklet, you will find a compilation of some fun things you can try right at home or around the GTA to stay happy, healthy, and engaged!

Keeping your mind and body active to the best of your ability is imperative. Mosaic wants to keep you engaged in different ways.

### Mosaic's Blog

Visit Mosaic's Blog for information on you tube discussions, articles, events and community!

**Blog:** <https://mosaichomecare.com/blog/>

### Mosaic's Podcast Channels

**Apple Podcast:**

<https://podcasts.apple.com/us/podcast/mosaics-community-life-podcast/id1564979634>

**Google Podcast:**

<https://podcasts.google.com/feed/aHR0cHM6Ly9hbmNob3luZm0vcy81NWJiZmQyOC9wb2RjYXN0L3Jzcw>

**Spotify Podcast:**

<https://open.spotify.com/show/2DUBKpjZ76GjkgYxjsS38>

### Mosaic's Newsletter

**If you would like to sign up for our seasonal newsletter created by Mosaic Home Care Services & Resource Centre**

<https://mosaichomecare.com/newsletter/>

**Our newsletter keeps you informed about what's new at Mosaic and contains a calendar of events that take place at Mosaic Home Care and in the Community!**

If you have any questions regarding the activities or resources in this booklet or having a difficult time and are needing to talk. Please reach out to Priya at **416-322-7002** or **905-597-7000 Ext. 227**, or [priya@mosaichomecare.com](mailto:priya@mosaichomecare.com)

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## AT HOME ACTIVITIES

These activities do not require a computer and internet access.

### **Healthy Tofu Cheesecake**

(Line springform cake pan with parchment paper for easy removal.)

#### **Ingredients**

For the crust:

- 1 ½ cups graham cracker crumbs
- ¼ cup stevia
- 6 Tbsp margarine, melted

For the filling:

- 1 (14 oz / 400 g) block silken tofu, well-drained
- 1 (8 oz / 225 g) block Philadelphia cream cheese, softened
- 1 (14 oz / 395 g) can sweetened condensed milk
- 2 Tbsp lemon juice

#### **Instructions**

1. Make the crust:
  - Preheat oven to 350°F (175°C).
  - Mix graham cracker crumbs, sugar, and melted butter until evenly combined.
  - Press firmly into the bottom of a wax-paper lined 9-inch pan (or pie dish).
  - Bake for 8–10 minutes, then let cool.
2. Make the filling:
  - In a blender or food processor, blend silken tofu until completely smooth.
  - Add softened cream cheese, condensed milk, lemon juice, and vanilla. Blend again until creamy and lump-free.
3. Assemble & bake:
  - Pour filling over cooled crust.
  - Bake at 350°F (175°C) for about 35–40 minutes, or until set but slightly jiggly in the center.
4. Chill:
  - Refrigerate at least 4 hours, preferably overnight, before serving.

## Light Greek Spinach Quiche

### Ingredients

1 package fresh spinach leaves, chopped.  
2 tablespoons margarine  
2 cloves of garlic, peeled and chopped  
½ tsp ground nutmeg  
½ cup feta cheese, crumbled  
½ cup mozzarella cheese, grated  
unbaked pie crust  
1/4 cup milk  
2 eggs, slightly beaten

### Instructions

1. Prepare the pie crust. Pre-heat the oven to 350°F.
2. Melt the margarine in a frying pan and add the garlic pieces.  
Saute for 1 or 2 minutes. (Do not brown the garlic.)
3. Add the chopped spinach to the frying pan. Sprinkle with the ground nutmeg. Cover the pan and steam the mixture for about 3 minutes.
4. Remove the pan from the heat and add the chopped feta cheese. Cover and let stand for a few minutes to melt the cheese.
5. Beat the milk with the eggs.
6. To assemble the quiche:
  - a) spread the grated mozzarella cheese evenly over the bottom of the pie crust.
  - b) spread the spinach/feta cheese mixture over the mozzarella cheese;
  - c) pour the egg and milk mixture over the spinach/cheese mixture.
7. Bake the quiche for 35 to 40 minutes or until slightly brown..  
Let stand for 5 to 10 minutes before slicing.

Makes 6 to 8 servings.

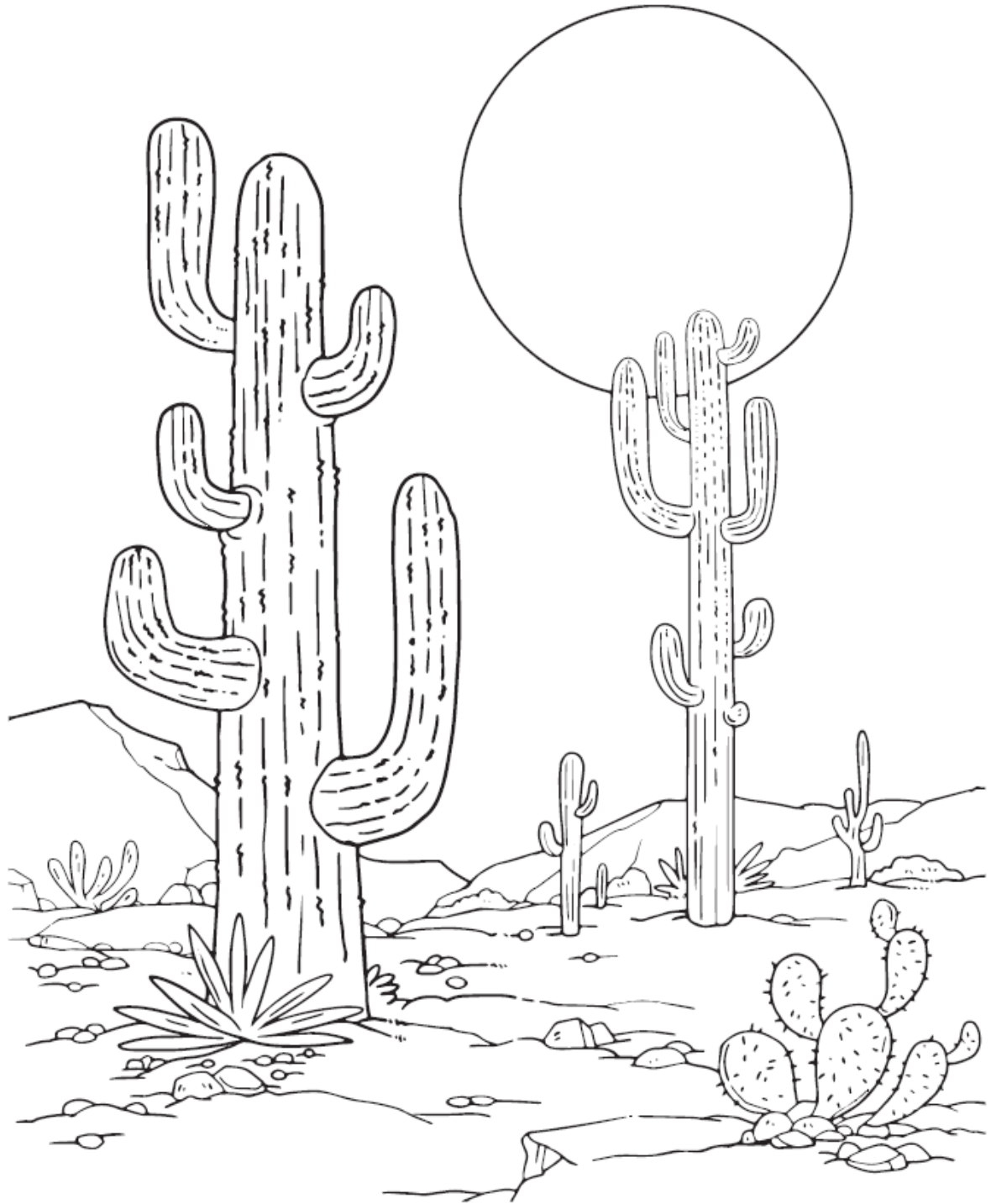
*These recipes are courtesy of Jeanne*

Have a recipe that you would love to share? Email it to [jennifer@mosaichomecare.com](mailto:jennifer@mosaichomecare.com) to be featured in the next issue of the Mosaic Activity Booklet!

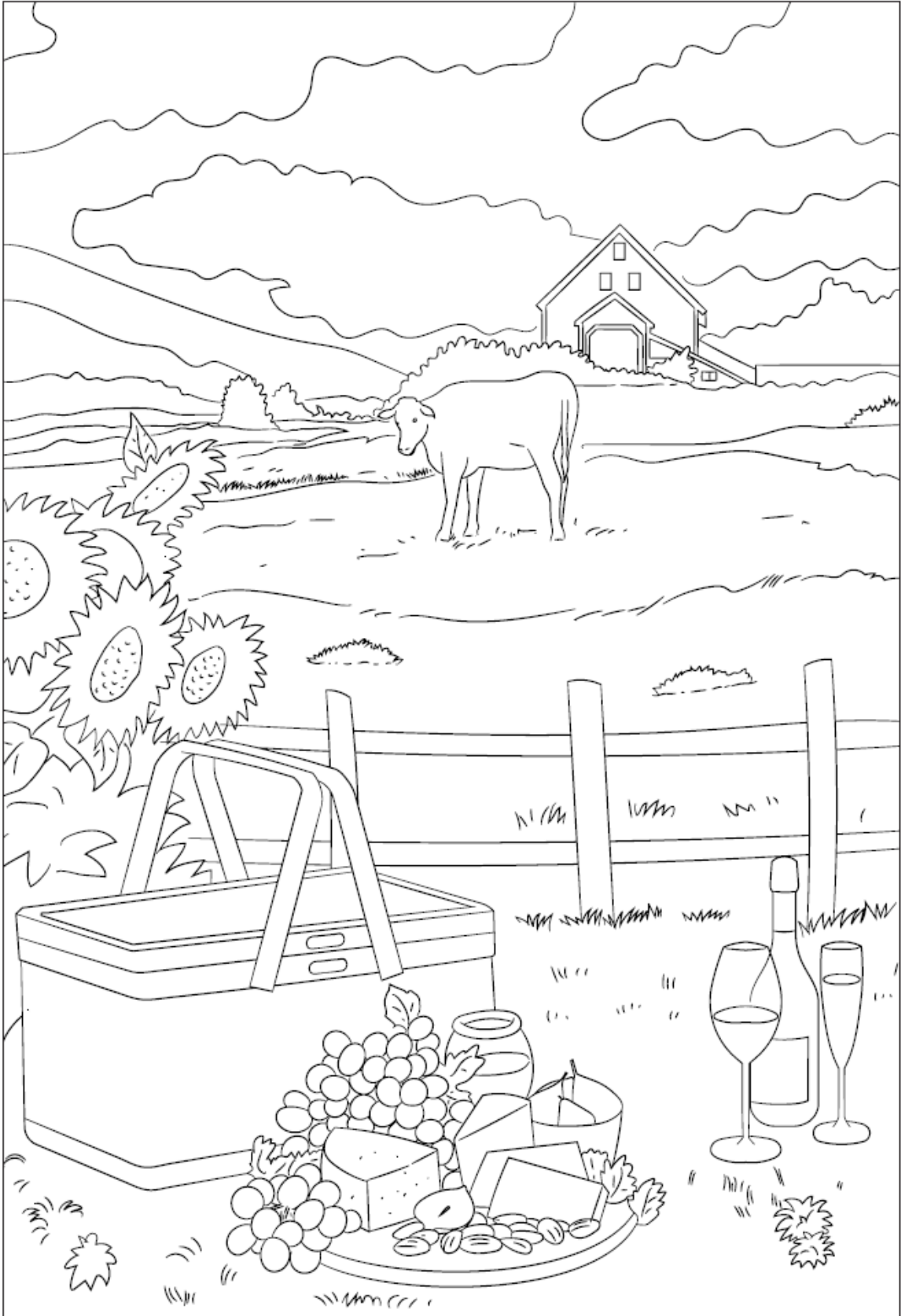
All puzzles and colouring pages obtained from <https://www.goldencarers.com>. All Answers to puzzles found at the end of the booklet

# COLOURING PAGES

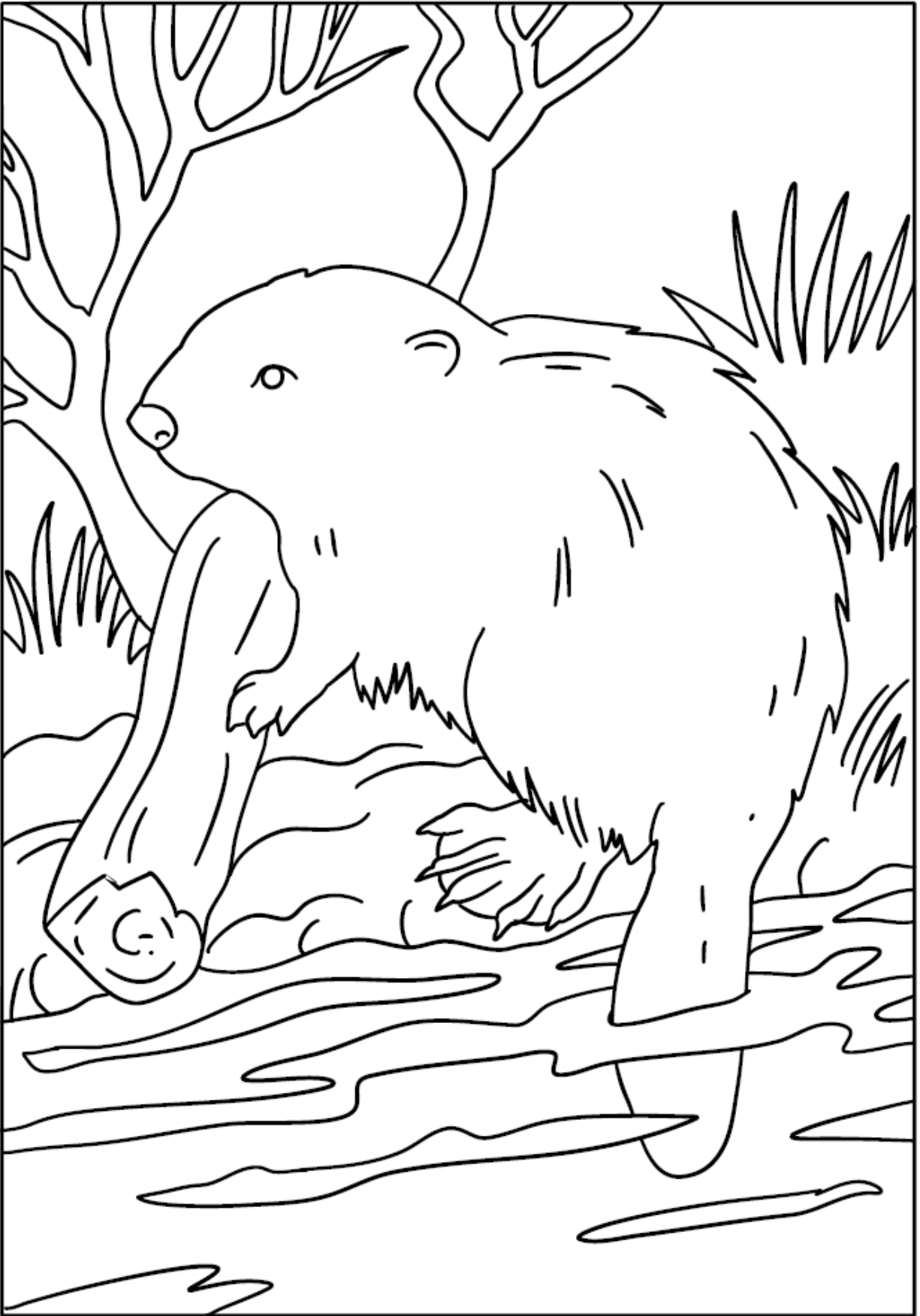


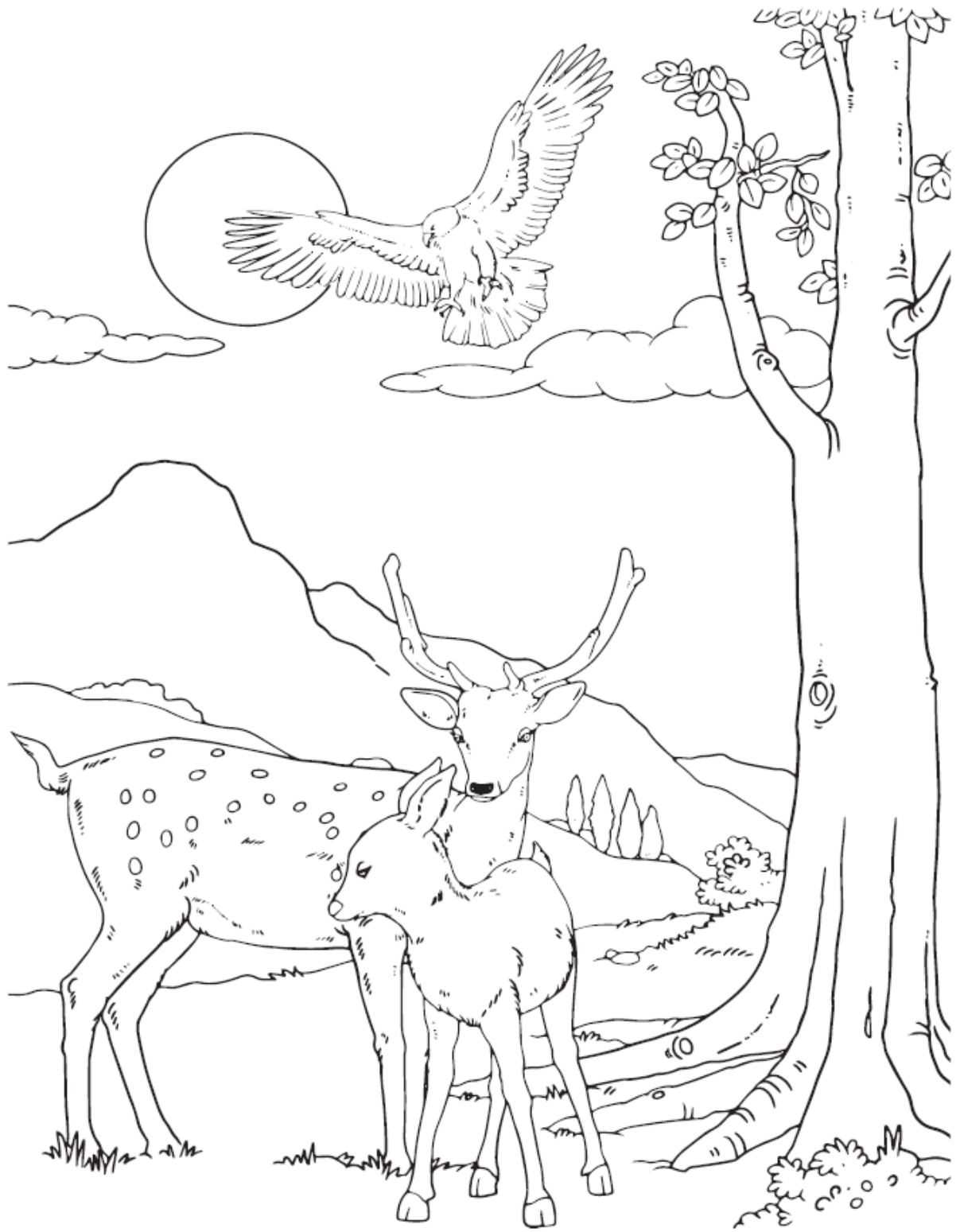












# PUZZLES & TRIVIA



# Word Search

## GOLF TERMS



I G I E I M M A H Z G F O H  
D V I L M E V E M T R C R M  
Z L N G C Z I O N E E L C B  
B N O I M D C G L E E M H O  
O U L G R P L F Z B N U A G  
G S N I L U U S O O : L N E  
F D B K O T B E S X E L D Y  
A P P A E T H S J R F I I C  
I A E W C R O D O Y C G C E  
R F R R X E U F D G R A A H  
W A O C C Y S N R Q J N P O  
A F U H K Q E W I D M A T O  
Y M G I M V R W V K T M M K  
W E H P L P A R E E A G L E

Ace

Par

Bunker

Fore

Slice

Birdie

Fairway

Rough

Handicap

Hook

Bogey

Green:

Putt

Mulligan

Lie

Eagle

Tee Box

Drive

Chip

Clubhouse

# Word Search

## FROM THE GARDEN



V Y B E L L P E P P E R S S  
H T N E G G P L A N T Q T S  
X U I I C O N I O N S D R D  
B B L U E B E R R I E S A B  
O R E G A N O E K N Q L W R  
T O M A T O E S X F G D B O  
Z B P U M Q L P G C A I E C  
U A U P L C A Y L I X L R C  
C S M A E H V N E G N L R O  
C I P R M I E L T A P G I L  
H L K S O V N I T R S L E I  
I R I L N E D M U L M W S R  
N N N E S S E E C I N T N Z  
I K S Y X S R S E C O B C S

Ginger

Tomatoes

Onions

Lavender

Lettuce

Oregano

Blueberries

Broccoli

Dill

Basil

Lemons

Zucchini

Bell Peppers

Chives

Garlic

Limes

Eggplant

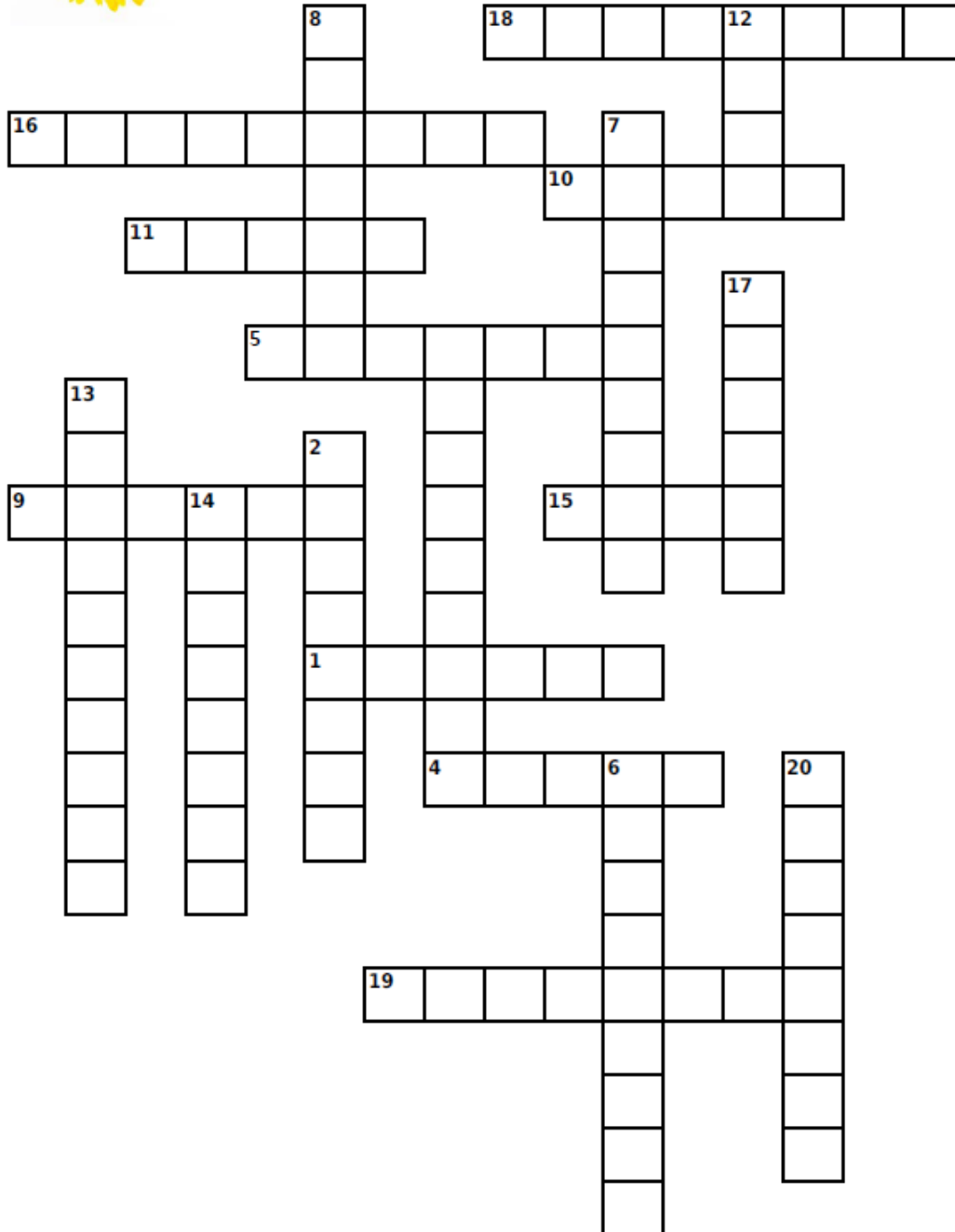
Strawberries

Parsley

Pumpkins



# FLOWERS Crossword



# Flowers

## ACROSS

1.



4.



5.



9.



10.



11.



15.



16.



18.



19.



## DOWN

2.



3.



6.



7.



8.



12.



13.



14.



17.



20.



## Animal Word Scramble

Unscramble the letters to reveal the names of various animals!

	Question	Answer
1	toga	:
2	god	:
3	tac	:
4	shore	:
5	noil	:
6	flow	:
7	bare	:
8	adanp	:
9	reed	:
10	oklaa	:
11	grof	:
12	harks	:
13	dota	:
14	balm	:
15	hesep	:
16	woc	:
17	tab	:
18	guiana	:
19	gietr	:
20	kcniche	:

## Solve The Riddles

Have some fun with these mind-bending riddles!

Question	Answer
1 What kind of man cannot live inside a house?	:
2 Why is a river rich?	:
3 When does a net hold water?	:
4 How can you leave a room with two legs and return with six legs?	:
5 Look in my face, I am somebody; Look at my back, I am nobody. What am I?	:
6 What weighs more? A pound of feathers or a pound of stones?	:
7 Why was the broom late?	:
8 What part of the body can run but not walk?	:
9 What has four legs and one foot?	:
10 Five apples are in a basket. How do you divide them among five girls so that each girl gets an apple, but one apple remains in the basket?	:
11 What has an eye but cannot see?	:
12 What did the bee say to the flower?	:
13 What type of water can you eat?	:
14 The more you take away, the bigger I become. What am I?	:
15 Why don't Hollywood actors sweat?	:
16 What gets harder to catch the faster you run?	:
17 What can you serve but never eat?	:
18 What kind of dog never bites?	:
19 How many months have 28 days?	:

## Split Words Game

Train your semantic memory, stay sharp, and stimulate your visual skills!  
With a pencil, form words from the syllable fragments in each grid.

### Military Material

<b>gre</b>	<b>car</b>	<b>gun</b>	<b>air</b>	<b>mor</b>	<b>dar</b>	<b>ridge</b>	<b>fles</b>
<b>cart</b>	<b>ri</b>	<b>bine</b>	<b>ra</b>	<b>ship</b>	<b>craft</b>	<b>nade</b>	<b>tar</b>

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### Trees

chest	myr	lin	lau	eye	pop	ce	wil
low	dar	lar	buck	den	nut	tle	rel

_____	_____
_____	_____
_____	_____
_____	_____

### Musical Instruments

bone	cym	pi	clar	mar	gui	imba	jo
tar	inet	vi	ola	ban	ano	bal	trom

_____	_____
_____	_____
_____	_____
_____	_____

## Jumbled Word Quiz

In each sentence, there is one jumbled word. Find it and fix it!

Question	Answer
1 Milly was a bit late and she missed her sub	:
2 I didn't hear what my friend said - is she fade?	:
3 Francis is the patron satin of animals	:
4 It is cold outside today, we need to put our coast on	:
5 Mrs Green is the best cheater in our school	:
6 Mr Palmer told us to be quiet, he wanted total license	:
7 Jimmy posted a clip on YouTube and it went rival within hours	:
8 Ellis is so kind. She could not find it in her earth to turn away the lost kitten	:
9 The President is the best dealer we have ever had in this country	:
10 It was an interesting lecture and I took plenty of stone	:

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## Which Word Fits Quiz

Which of the two choices corresponds with each word or phrase?

Question	Answer
1 Dry land - desert or dessert?	:
2 Reno, Nevada - Capital or Capitol?	:
3 Complete - through or thorough?	:
4 In any case - any way or anyway?	:
5 Result - affect / effect?	:
6 To hint or suggest - imply or infer?	:
7 Second in a series of two - later or latter?	:
8 A heavenly messenger - angel or angle?	:
9 Unlawful - illicit or elicit?	:
10 To prove something is false - disapprove or disprove?	:
11 Writing paper - stationary or stationery?	:
12 To take that which is offered - accept or except?	:
13 To go forward - precede or proceed?	:
14 A part of speech - preposition or proposition?	:
15 To stop - quit or quite?	:
16 A measure of the purity of gold - carrot or carat?	:
17 Letters sent by post - mail or male?	:
18 Freedom fighter - Gorilla or Guerrilla?	:
19 A late library book - overdue or overdo?	:
20 A children's story - tale or tail?	:



# Picnic Check List

## Word Scramble

SCTONNDEMI \_\_\_\_\_ NSTUSELI \_\_\_\_\_

ASKNPIN \_\_\_\_\_ BTNKEAL \_\_\_\_\_

RHTAS GBA \_\_\_\_\_ DKNRSI \_\_\_\_\_

UGB YRPSA \_\_\_\_\_ WKIERC AETBKS \_\_\_\_\_

DSSCNAWEHI \_\_\_\_\_ AAMREC \_\_\_\_\_

ATEWR \_\_\_\_\_ ROOUOTD GSMEA \_\_\_\_\_

INEC TANLOOIC \_\_\_\_\_ RESFH TFIRU \_\_\_\_\_

CIE SPCKA \_\_\_\_\_ NSEUNERSC \_\_\_\_\_

PTAOOT PISHC \_\_\_\_\_ PPRAE SPTALE \_\_\_\_\_

ROESHTM \_\_\_\_\_ SCIMUM \_\_\_\_\_

ROHWT WPLILO \_\_\_\_\_ EHESEC & SCRRAKEC \_\_\_\_\_

ROEOLC \_\_\_\_\_ OLTBET ORENEP \_\_\_\_\_

# Flavours of Ice Cream Word Scramble



BEBULB MGU \_\_\_\_\_

EPMLA UWNALT \_\_\_\_\_

TGRIE IALT \_\_\_\_\_

HPOIISTCA \_\_\_\_\_

OAGMN \_\_\_\_\_

OKOCEI HDOGU \_\_\_\_\_

BBYRERUEL \_\_\_\_\_

TBTURE NCAEP \_\_\_\_\_

KCYRO ADOR \_\_\_\_\_

BAWSERYRTR \_\_\_\_\_

LVILANA \_\_\_\_\_

TITTU RFTITU \_\_\_\_\_

NPTUEA RTETUB \_\_\_\_\_

TSUTHTCBOREC PEPIRL \_\_\_\_\_

CRRYEH \_\_\_\_\_

NTIM CCEOTOHAL HIPC \_\_\_\_\_

TNANEOIPLA \_\_\_\_\_

SOEMO KCSTRA \_\_\_\_\_

GEPRA \_\_\_\_\_

CROIILCE \_\_\_\_\_

TCUCONO \_\_\_\_\_

BYPASRRERY IRLEPP \_\_\_\_\_

ESA ATLS MCALREA \_\_\_\_\_

SPRANELI & RMCEA \_\_\_\_\_

# Spring Activities

## **Casa Loma Events**

<https://casaloma.ca/events/>

### Mother's Day High Tea

This Mother's Day weekend, on Sunday May 10th, experience the elegance of the Edwardian era with an afternoon tea at Toronto's iconic castle, Casa Loma. An elevated experience, guests will sample a selection of premium teas, scones, gourmet pastries and tea sandwiches in the majestic ambiance of the Castle.

High Tea guests are permitted to tour the castle, as part of their reservation. Guests with a later seating are asked to tour prior to their reservations as the Castle closes at 5pm daily.

RESERVATIONS REQUIRED

\$85 per person plus applicable taxes and gratuities.

Includes admission to Casa Loma.

<https://casaloma.ca/project/high-tea-2/>

## **Brickworks Farmers' Market**

<https://www.evergreen.ca/evergreen-brick-works/>

Did you know Evergreen Brick Works is home to [Toronto's largest farmers' market](#)? Held on Saturdays year-round, it offers the widest variety of local and seasonal food in the city.

Shop over 60 vendors, including local farmers, producers, entrepreneurs and chefs. Hailing from different parts of Ontario, they offer a range of locally made products, from fish, produce, cheese and baked goods to kombucha and artisanal nuts.

The Farmers' Market runs outdoors from May to November and indoors from November to April.

## **Evergreen Brickworks**

<https://www.evergreen.ca/evergreen-brick-work/activities/the-childrens-garden/>

The Children's garden is where kids can explore and connect with nature. It's a place for kids to get hands on the natural world

Drawing on David Sobel's seven childhood play themes — like adventure, fantasy, and animal allies — the space offers layered, open-ended experiences that invite self-directed, whole-body learning. More than a static playground, the Children's Garden is a living, evolving place — constantly shaped by weather, plant cycles, and children's imaginations. This changeability fosters a sense of wonder and keeps children coming back to see what's new. Every visit offers fresh opportunities for connection, exploration, and delight. [Risky play](#) is not only allowed but encouraged, in an environment that's design to be as safe as necessary, not as safe as possible.

## **Toronto Zoo**

See all Zoo Events here - <https://www.torontozoo.com/events>

Come meet the newest addition of the zoo – Baby Masai Giraffe Imara!

10am-3pm daily

<https://www.torontozoo.com/giraffe>

## **Distillery District**

<https://www.thedistillerydistrict.com/events/#1611763155990-ed380489-d8eb>

Dance for Non-Dancers @ Soulpepper

Fri Apr 10th 9:00am - Fri May 15th 10:00am

Soulpepper Theatre, 50 Tank House Lane, Toronto, ON M5A 3C4, Canada

This class will get you moving! Encouraging imagination, fluidity, dynamic physicality, sensory and spatial awareness, we promote a generous space of playful engagement and dialogue.

Taught by veteran dance artist, Bonnie Kim, this class is for every body and everybody. Bring your curiosity, we'll bring the awesome tunes!

Registration is required

To register <https://tickets.youngcentre.ca/15949>

For questions email: [maricris.rivera@soulpepper.ca](mailto:maricris.rivera@soulpepper.ca)

## **Royal Ontario Museum**

<https://www.rom.on.ca/whats-on/events/third-tuesday-nights-free-third-tuesday-night-free-0>

Experience the Museum after hours — **free for everyone** — on the **third Tuesday night of every month**, from **4:00 PM to 8:30 PM**. Enjoy access to most galleries and make an evening of discovery with friends and family. *Special exhibitions are not included.*

Advance tickets are required, and walk-in entry is not available. To reserve your spot, click the **“Book Tickets”** button at the top of this page, select the **third Tuesday of the month** on the calendar, and choose **“3rd Tuesday Nights Free.”** Tickets are released **two weeks before** each event.

## **Black Creek Pioneer Village**

**Opening Weekend! Saturday, April 25 & Sunday, April 26, 2026**

**11:00 a.m. to 4:00 p.m. \$14.95 - \$20.40 +HST**

Step into something new this weekend! Our doors are opening, and we are kicking off our 67th season at The Village with fresh air, excitement, and a “spring vacation” passport of hands-on activities! Spring treats, spring activities, and spring cleaning, – 19th century style, of course! This weekend offers you a chance to try something fresh.

**Tour Around Town:** Visit Discovery Stations to complete activities and collect stamps on your town passport. Don’t miss our two new Discovery Stations!

**Sample goods:** Visit Town Hall to see and taste samples showcasing our upcoming workshops!

**Let the fresh air in:** Join our Education Interpreter as they demonstrate spring cleaning, 19th century style in the Stong Family’s Second House.

**Fresh beginnings:** Watch our adorable baby lambs take their first steps.

## **St. Lawrence Market**

Farmer's Market

Saturday - 5am to 3pm

South Market

Tuesday to Friday – 9am to 7pm

Saturday – 7am to 5pm

Sunday – 10am to 5pm

Monday – Closed

## **Botanical Gardens**

[Upcoming Events - Toronto Botanical Garden](#)

## **Harbourfront**

<https://harbourfrontcentre.com/whats-on/>

## **Summer Events & Festivals**

<https://www.destinationtoronto.com/events/annual-festivals-and-events/>

## PLACES FOR A PICNIC

### Sherwood Park

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=149&title=Sherwood-Park>

Located in the valley of Sherwood Park, this picturesque wooded park has two wading pools, great walking or running trails, public bathrooms, picnic tables and a large playground. Our wading pools are located downhill from the park entrance and are spacious with several spray features for all to enjoy. This park offers a fenced off [dogs off-leash area](#). Free parking is available at the front of the park, near the main entrance on Sherwood Street east of Mount Pleasant Avenue.

### Sunnybrook Park

<https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/parks-and-recreation-facilities/location/?id=28&title=Sunnybrook-Park>

Sunnybrook Park is listed as a top spot to see birds in the City's Birds of Toronto [Biodiversity](#) series booklet.

The park is an [Environmentally Significant Area](#) due to its plant and animal diversity. Glendon Forest provides a high-quality forest habitat, dominated by sugar maple, eastern white pine, American beech and eastern hemlock trees in the West Don River Valley. The wetland provides critical habitat for snapping turtles, Great Blue Herons and Red-winged Blackbirds.

### Earl Bales Park

<HTTPS://WWW.TORONTO.CA/EXPLORE-ENJOY/PARKS-RECREATION/PLACES-SPACES/PARKS-AND-RECREATION-FACILITIES/LOCATION/?ID=337&TITLE=EARL-BALES-PARK>

Earl Bales Park is spread across 127 acres (51 hectares) and features playgrounds, a sensory garden, splash pad, outdoor amphitheatre, memorials, paved walking/cycling trails, picnic sites and fire pits. The [Dogs Off-Leash Area](#) is fenced and allows [Commercial Dog Walkers](#).

<https://www.neighbourlink.org/taste>



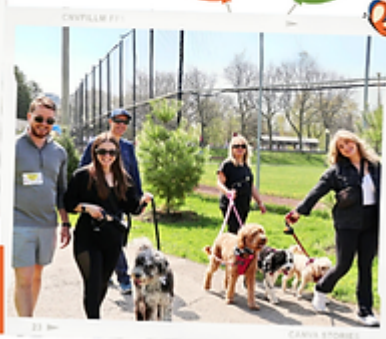
<https://www.neighbourlink.org/letsmove>

# LET'S MOVE, WILLOWDALE

## MOVE-A-THON & BBQ



WALK, RUN OR BIKE  
FOR MENTAL WELLNESS



## **COMMUNITY PROGRAMS**

### **Senior Shape Fitness**

<https://www.youtube.com/@SeniorShapeFitness>

### **Central Eglinton Community Centre**

160 Eglinton Avenue East

[www.centraleglinton.com](http://www.centraleglinton.com)

Please call Stacey Griffith, Older Adult Program Co-ordinator at 416-392-0511, ext. 237 or e-mail [olderadults@centraleglinton.com](mailto:olderadults@centraleglinton.com) with any questions you may have about the 50+ programs or the calendar.

### **Program Calendar - Central Eglinton Community Centre**

### **Vibrant Health (Mid-town Toronto)**

please call or email Dong 416-486-8666 Ext. 227

[dongy@vibranthealthcare.ca](mailto:dongy@vibranthealthcare.ca)

### **Parkinsons Canada**

This is an on-line tool to search specific care in your region. Here is the link to join.

<https://carefinder.parkinson.ca/request-to-join-carefinder/>

### **Ontario Society of Senior Citizens Organization**

You can find additional workshops and programs available for all Ontarians at this link

[Ontario Society of Senior Citizens Organizations Events - 13 Upcoming Activities and Tickets | Eventbrite](#)

## IN-PERSON PROGRAMS & EVENTS



### UPCOMING IN-PERSON MOSAIC EVENTS!

To register please email [info@mosaichomecare.com](mailto:info@mosaichomecare.com) or call 416-322-7002

For full listing of programs and workshops please take a look at our Spring & Summer Newsletter at:

[https://mosaichomecare.com/wp-content/uploads/2026/03/FEB2026\\_Mosaic\\_Newsletter\\_SPRING-SUMMER-2026\\_WEBSITE.pdf](https://mosaichomecare.com/wp-content/uploads/2026/03/FEB2026_Mosaic_Newsletter_SPRING-SUMMER-2026_WEBSITE.pdf)

#### **Mosaic's first bus trip – Elora and Rockwood Ontario**

A walk about in the town of Elora. Following the tour of Elora, The Gathering House at Thatcher Farms provides the perfect setting for a relaxed summer lunch with Mosaic catered by Dar's Country Market. This intimate space, full of rustic elegance, offers stunning views of the 140-acre countryside from its wrap-around porch. Guests can enjoy a peaceful and scenic atmosphere, making it an ideal spot to gather, unwind, and savour the charm of the farm after a day of exploring.

**Date:** Thursday, July 16, 2026

**Time:** 8:30am – 6:30pm

**Location:** Bus leaves from Armour Heights, 105 Wilson Avenue, North York

**Cost:** \$50 collected on June 22nd

**RSVP early to avoid disappointment. No registration after Monday June 22nd, 2026.**

#### **Mosaic's Community Walk Downtown**

Learn the fascinating historical facts of the law enforcement in our city. Explore the evolution of policing with vintage artifacts, interactive exhibits, true crime stories, see vintage police vehicles, history of police uniforms and honouring the dedication and service of officers.

**Date:** Tuesday, August 18, 2026

**Time:** 10:00am – 2:00pm

**Location:** Toronto Police Museum and Discovery Centre, 40 College St., Toronto, ON M5G 2J3

**Cost:** \$10 – Lunch at Fran's Restaurant

**RSVP by August 11, 2026**

#### **Mosaic's Community Walk in Scarborough**

Exploring communities one step at a time. Walk the scenic trails and explore Scarborough Bluffs marina, beach and close-up views of the white Scarborough Bluffs cliffs. Come enjoy the outdoors with your friends and make new ones.

**Date:** Tuesday, July 28, 2026

**Time:** 10:00am – 2:00pm

**Location:** Bluffers Park and Beach (1 Brimley Rd S, Scarborough ON M1M 3H4)

**Cost:** \$10 - Lunch at Dog Fish Pub Eatery **RSVP by July 21st, 2026**

## COMMUNITY CENTRES!

### North York Seniors Centre

**Address:** 21 Hendon Avenue, Toronto

- Adult Day Program
  - Monday – Friday, 9:30am – 3:00pm
  - Social and recreational program featuring group activities, exercise and nutritious lunch & snacks
- Social Club
  - Mondays from 11am – 2pm
  - An afternoon of socializing and discussion

### Bernard Betel Centre

**Address:** 1002 Steeles Ave. W, Toronto

- In Person Programs
  - Includes a variety of programs such as book clubs, computer courses, support groups and exercise classes

### WoodGreen Active Living Centre

**Address:** Multiple Locations

- Hosts a variety of in-person programming including Tai Chi, Pole Walking, Line Dancing, Bingo and Day Trips

### The Bitove Method

**Address:** 850 O'Connor Drive, Toronto

- In-Person Program
  - Thursdays from 1pm – 4pm
  - Featuring an afternoon of laughter and creativity



## ONLINE PROGRAMS



Requires access to a computer or smartphone and internet access.

### UPCOMING MOSAIC PROGRAMS!

To register please email [info@mosaichomecare.com](mailto:info@mosaichomecare.com) or call 416-322-7002

For full listing of programs and workshops please take a look at our Spring & Summer Newsletter at:

[https://mosaichomecare.com/wp-content/uploads/2026/03/FEB2026\\_Mosaic\\_Newsletter\\_SPRING-SUMMER-2026\\_WEBSITE.pdf](https://mosaichomecare.com/wp-content/uploads/2026/03/FEB2026_Mosaic_Newsletter_SPRING-SUMMER-2026_WEBSITE.pdf)

*\* Zoom links provided at time of registration. You can also dial in to participate through your telephone if you do not have access to a computer – dial in number provided at time of registration.*

#### **Weekly Knitting and Crochet Group**

Drop into knit, chat and make new friends virtually on Zoom!

**Dates:** Every Other Wednesday

**Time:** 1:00 p.m. to 2:00 p.m.

**Location:** Zoom

#### **Functional Fitness with Joanne Picot**

*Join us on Zoom twice a month for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. Joanne will lead you through a variety of energizing standing and seated exercises using light free weights.*

**Dates:** Fridays, April 24<sup>th</sup>, May 29<sup>th</sup>, June 26<sup>th</sup>, July 30<sup>th</sup>

**Time:** 10:00am – 11:00am

**Location:** Zoom

#### **Dance Fitness with Jennifer Hicks**

*Join us online (Zoom) for a full body workout through music, dance, and strength-enhancing movement! Nia incorporates martial arts, self-awareness, body positivity and fitness all in one.*

**Dates:** Thursdays, April 30<sup>th</sup>, May 28<sup>th</sup>, June 18<sup>th</sup>, July 30<sup>th</sup>

**Time:** 1:00pm - 2:00pm

**Location:** Zoom



## COMMUNITY ONLINE PROGRAMS!

### Stay, Play & Learn at Home (City of Toronto)

*Activities over all seasons for all ages to enjoy in the comfort of your home. Sort by Audience for different target age groups such as Seniors, Youth or Kids. Many activities are for Everyone. **All activities are free.***

Please visit the City of Toronto website to view the full program listing: [Stay, Play & Learn at Home – City of Toronto](#)

### Alzheimer Society of Toronto

Featuring a variety of online programming, including art, music, exercise, safety, and webinars for caregivers and healthcare providers.

For view their activity calendar please visit: <https://alz.to/events/?tribe-bar-date=2022-09-02>



### Art Blogs (Art Gallery of Toronto)

*Read about art news from the AGO and more!*

Please visit the City of Toronto website to view the full program listing: [Blog Search | Art Gallery of Ontario \(ago.ca\)](#)

### The Met Collection

Look at some popular pieces from various collections showing at The Metropolitan Museum from the comfort of your home!

View collections here: <https://www.metmuseum.org/art/collection>

### Online & Mobile Games (Yee Hong Centre for Geriatric Care)

Games include Mahjong solitaire, Daily jokes (Android devices), Brain games (Android & Apple Devices).

Please visit the City of Toronto website to view the full program listing: [At-Home Activities | Yee Hong](#)

### Social and Exercise Classes, Luma Care

Luma Care is an organization that has made tremendous strides with senior online

connection through their Virtual Healthier Living Centre. To register, please click the link below. Keep in mind that you will need to download the Zoom app to participate.

**Website:** <https://lumacare.ca/>



### Scarborough Centre for Healthy Communities

Join SCHC online for their community programs. Check out their full online program listing on their website.

**Website:** <https://www.schcontario.ca/>

**Registration:** [jtandoc@schcontario.ca](mailto:jtandoc@schcontario.ca) / 416-948-8976



### Bernard Betel Centre

Bernard Betel Centre is offering a wide variety of online programs for the community. They have virtual cooking classes, guided meditations, and other workshops for you to try!

**When:** Check website for full virtual program listing

**Website:** <https://betelcentre.org/online-programs/>

**Registration:** [marial@betelcentre.org](mailto:marial@betelcentre.org)



### Better Living Health and Community Services

Better Living Health and Community Services has been delivering programs and services (online and day programming) to support individuals to maintain their independence and enhancing social well-being.

**Website:** <https://mybetterliving.ca/helping-you-in-the-community/>



### Circle of Care

Circle of Care offers home and community support services in the North Toronto area. These include, social clubs, exercise and falls prevention programs and adult day programs.

**Website:** <https://www.circleofcare.com/programs-services/>

**Phone:** 416-635-2860



### [VV's Adult Support Centre](#)

VV's Adult Support Centre Corp. provides virtual programs for seniors such as online events, webinars, and fitness workshops.

**Website:** [www.vvsadulthoodsupportcentre.com](http://www.vvsadulthoodsupportcentre.com)



### [North York Seniors Centre](#)

Providing programs through Zoom and other COVID-19 related supports for seniors.

**Website:** <https://www.nyseniors.org/>



### [The Bitove Method](#)

*"The Bitove Method offers virtual classes that are created and facilitated by Professional Artists trained in Relational Caring. We offer educational and interactive art-based courses that tap into what we need most... to connect."*

*\*Visit website for full program listing, registration required.*

**Website:** [Virtual Art Academy | The Bitove Method](#)



### [Etobicoke Senior Support Services](#)

Health and wellness programming runs through group telephone and video. Includes our Seniors' Lunch Program, Social Recreation, Exercise and Falls Prevention programs. This programming supports independent seniors in maintaining a routine, social connections, and recreational leisure activities.

**Phone:** 416-243-0127

**Website:** [www.esssupportservices.ca](http://www.esssupportservices.ca)

### [A Friendly Voice](#)

A Friendly Voice is a free, confidential "warm line" for older adults aged 55 and above living in Ontario and the Atlantic provinces (Nova Scotia, Newfoundland and Labrador, New Brunswick and Prince Edward Island). It's a welcoming space where you can freely connect with a caring individual without expectations or judgment. Whether you're struggling with loneliness or simply looking to stay socially healthy and add some connection to your routine, we're here to lend an empathetic ear and engage in delightful conversations.

**Website:** [www.afriendlyvoice.ca](http://www.afriendlyvoice.ca)

## **SENIOR SUPPORTS**

### **CAMH Mental Health Supports**

Information and resources available for everyone (articles, tips for stress and anxiety, tools to enhance wellbeing, etc.).

**Website:** [Mental Health and the COVID-19 Pandemic | CAMH](#)

**Phone:** 416-535-8501

**To Access CAMH Clinical Services:** 416-535-8501, press 2

### **City of Toronto Mental Health Resources**

Website offers a listing of mental health supports across Toronto.

**Website:** [COVID-19: Mental Health Resources – City of Toronto](#)

**Phone:** Call 911 if you are in an emergency, immediate danger, or medical distress. For other needs, call 211 to be connected to mental health and other social services (Line open 24/7). Or Text 21166 Monday to Friday from 7 a.m. to 9 p.m.

### **The Progress Place Warm Line**

Confidential service for adults above 18 years of age feeling isolated, anxious, depressed or just need someone to talk to – not a crisis service.

**Website:** [Progress Place Warm Line](#)

**Phone:** 416-323-3721 (12 p.m. to 8 p.m.) or text 647-557-5882

### **Hospice Palliative Hotline**

Responds to the emotional needs of those facing serious illness (including COVID-19) and end of life. The service is also available to their caregivers, those grieving, and frontline workers supporting those who are palliative and dealing with COVID-19

### **Toronto's Senior's Helpline**

The City of Toronto's seniors helpline provides information about home care, community care and crisis services in Toronto.

**Phone:** 416-217-2077

### **Neighbour 2 Neighbour (N2N) – Friendly Phone Calls**

N2N works with socially isolated seniors who are interested in building new relationships with one another.

**Phone:** 416-925-4363

**Email:** [info@theneighbourhoodgroup.org](mailto:info@theneighbourhoodgroup.org)

### **Providence Learning Centre – Telephone Counselling**

Providence Learning Centre is providing telephone counselling support and resource navigation.

**Phone:** 416-285-3666

### **Community Teams Gain Clinic – Geriatric Services**

Provides Geriatric Services in the Scarborough Community.

**Phone:** 416-493-3333

### **The Sesheme Foundation – Senior Pandemic Relief Programs & Non Crisis Peer Support Phone Line**

Provide both social programs and COVID-19 supports.

**Phone:** (416) 358-2882

**Email:** [info@sesheme.ca](mailto:info@sesheme.ca)

**Website:** <https://sesheme.ca/>

### **Etobicoke Senior Services (ESS)**

Supporting seniors in their desire to remain in their own homes and community

**Phone:** 416-243-0127

**Email:** [agency@esssupportservices.ca](mailto:agency@esssupportservices.ca)

**Website:** <https://www.esssupportservices.ca/>

### **Mosaic Home Care & Community Resource Centres**

Mosaic is trying to support vulnerable seniors during this pandemic. If you or someone you know needs resources or information, please contact Priya Hawkins

[priya@mosaichomecare.com](mailto:priya@mosaichomecare.com)

### **Seniors Without Walls**

Free, fun, and easy telephone and computer-based seniors' activities and programs. For more information call 416-630-7000 or Email: [tcanhwebinars@gmail.com](mailto:tcanhwebinars@gmail.com)

# Word Search

## GOLF TERMS



			E						G.				
		I			E		E		T.	R			
	L.			C		I			E	E		B.	
B.			I		D	C.			E	E	M.	H.	O
	U	L		R	P.	L			B	N	U	A	G
	S.	N	I		U	U			O	:	L	N	E
F.		B.	K		T	B			X	E	L	D	Y
A			A.	E	T	H			R		I	I	
I				C	R	O		O			G	C	
R		R.			E	U	F.	D.			A	A	H.
W		O	C.			S		R			N	P	O
A		U	H			E		I					O
Y		G	I					V					K
		H	P		P.	A	R	E	E.	A	G	L	E

# Word Search

## FROM THE GARDEN



		B.	E	L	L	P	E	P	P	E	R	S.		
			E.	G	G	P	L	A	N	T		T		
					O.	N	I	O	N	S		R		
	B.	L	U	E	B	E	R	R	I	E	S	A	B.	
O.	R	E	G	A	N	O						W	R	
T.	O	M	A	T	O	E	S				D.	B	O	
Z.	B.	P.				L.		G.				I	E	C
U	A	U	P.	L.	C.	A		L.	I			L	R	C
C	S	M	A	E	H	V		E	G.	N		L	R	O
C	I	P	R	M	I	E	L.	T	A			G	I	L
H	L	K	S	O	V	N	I	T	R				E	I
I		I	L	N	E	D	M	U	L				S	R
N		N	E	S	S	E	E	C	I					
I		S	Y			R	S	E	C					



## Answer

1 goat

2 dog

3 cat

4 horse

5 lion

6 wolf

7 bear

8 panda

9 deer

10 koala

11 frog

12 shark

13 toad

14 lamb

15 sheep

16 cow

17 bat

18 iguana

19 tiger

20 chicken

## Answer

- 1 A snowman
- 2 Because it has two banks
- 3 When the water is frozen
- 4 Bring a chair back with you
- 5 A mirror
- 6 They both weigh a pound
- 7 It overswept
- 8 Your nose
- 9 A bed
- 10 Give the fifth girl her apple in the basket
- 11 A needle
- 12 Hello, honey!
- 13 Watermelon
- 14 A hole
- 15 Because they have so many fans
- 16 Your shadow
- 17 A tennis ball
- 18 A hot dog
- 19 All of them

## **Answers**

### **Military Material:**

cartridge - carbine - gunship - grenade - mortar - rifles - aircraft - radar

### **Trees:**

chestnut - poplar - cedar - linden - willow - myrtle - laurel - buckeye

### **Musical Instruments:**

cymbal - guitar - banjo - piano - trombone - marimba - viola - clarinet

## Answer

1 bus

2 deaf

3 Saint

4 coats

5 teacher

6 silence

7 viral

8 heart

9 leader

10 notes

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## Answer

- 1 Desert
  - 2 Capital
  - 3 Thorough
  - 4 Anyway
  - 5 Effect
  - 6 Imply
  - 7 Latter
  - 8 Angel
  - 9 Illicit
  - 10 Disprove
  - 11 Stationery
  - 12 Accept
  - 13 Proceed
  - 14 Preposition
  - 15 Quit
  - 16 Carat
  - 17 Mail
  - 18 Guerrilla
  - 19 Overdue
  - 20 Tale
-



# Picnic Check List

## Word Scramble

SCTONNDEMI \_CONDIMENTS\_\_\_\_\_ NSTUSELI \_\_\_UTENSILS\_\_\_\_\_

ASKNPIN \_\_\_NAPKINS\_\_\_\_\_ BTNKEAL \_\_\_BLANKETS\_\_\_\_\_

RHTAS GBA \_\_\_TRASH BAG\_\_\_\_\_ DKNRSI \_\_\_DRINKS\_\_\_\_\_

UGB YRPSA \_\_\_BUG SPRAY\_\_\_\_\_ WKIERC AETBKS \_WICKER BASKET\_

DSSCNAWEHI \_SANDWICHES\_\_\_\_\_ AAMREC \_\_\_CAMERA\_\_\_\_\_

ATEWR \_\_\_WATER\_\_\_\_\_ ROOUOTD GSMEA OUTDOOR GAMES

INEC TANLOOIC \_NICE LOCATION\_\_\_\_\_ RESFH TFIRU \_FRESH FRUIT\_\_\_\_\_

CIE SPCKA \_\_\_ICE PACKS\_\_\_\_\_ NSEUNERSC \_SUNSCREEN\_\_\_\_\_

PTAOOT PISHC \_POTATO CHIPS\_\_\_\_\_ PPRAE SPTALE \_PAPER PLATES\_\_\_\_\_

ROESHTM \_\_\_THERMOS\_\_\_\_\_ SCIUM \_\_\_MUSIC\_\_\_\_\_

ROHWT WPLILO \_THROW PILLOW\_\_\_\_\_ EHESEC & SCRRAKEC CHEESE & CRACKERS

ROEOLC \_COOLER\_\_\_\_\_ OLTBET ORENEP \_BOTTLE OPENER\_

# Flavours of Ice Cream Word Scramble



BEBULB MGU BUBBLE GUM

EPMLA UWNALT MAPLE WALNUT

TGRIE IALT TIGER TAIL

HPOIISTCA PISTACHIO

OAGMN MANGO

OKOCEI HDOGU COOKIE DOUGH

BBYRERUEL BLUEBERRY

TBTURE NCAEP BUTTER PECAN

KCYRO ADOR ROCKY ROAD

BAWSERYRTR STRAWBERRY

LVILANA VANILLA

TITTU RFTITU TUTTI FRUITI

NPTUEA RTETUB PEANUT BUTTER

TSUTHTCBOREC PEPIRL BUTTERSCOTCH  
RIPPLE

CRRYEH CHERRY

NTIM CCEOTOHAL HIPC MINT CHOCOLATE  
CHIP

TNANEOIPLA NEAPOLITAN

SOEMO KCSTRA MOOSE TRACKS

GEPRA GRAPE

CROIILCE LICORICE

TCUCONO COCONUT

BYPASRRERY IRLEPP RASPBERRY  
RIPPLE

ESA ATLS MCALREA SEA SALT CARAMEL

SPRANELI & RMCEA PRALINES &  
CREAM

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**Corporate Office**

105 Wilson Avenue, Second Floor  
Toronto, ON M5M 2Z9  
Tel 416.322.7002 | 905.597.7000



**Community Resource Centre**

105 Wilson Avenue, Lower Level  
Toronto, ON M5M 2Z9  
Tel 416.322.7002 | 905.597.7000

**Mosaic Home Care Services & Community Resource Centre**  
info@mosaichomecare.com [www.mosaichomecare.com](http://www.mosaichomecare.com)

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*What a difference we make®!*